



# Monthly Newsletter

[www.corshamrunningclub.co.uk/](http://www.corshamrunningclub.co.uk/)

Edited by Brian Gibbs July 2013

We wish all new Members a very warm welcome to our Club

## One Mile Club

(Humphry Barnikel)

The weather has been kind to us on Wednesdays and we have been able to make good use of the school fields. On three of the weeks we did relay related activities culminating in the amusing 'dressing up relay'. On this occasion we had 75 runners and so had teams of fourteen. One person at a time dressed up in a skirt, top, hat and scarf but the whole team ran with them across the field and then helped the next person to put on the kit. That way everybody ran across the field fourteen times. One father said that it was a first for him having a crowd of people trying to drag his skirt down!

Three weeks ago Brian, Margaret and I were all away and everybody who might have organised the session was involved with the Corsham 5K race. We cancelled the run but encouraged families to do a one mile run anyway, on their own. If they did, we counted it towards the certificates etc. (We hoped honesty would prevail! .... Ed.)

This month we have awarded five 10 mile certificates, two T-shirts (15 miles), three 20 mile certificates and Darren and Libby Sharp are congratulated on achieving 50 miles. Next week Catherine and Alison Graham will achieve 100 miles and Catherine will get her trophy and T-shirt.

The last session this term will be on 17th July and we will restart on 11th September.

## Chippenham Harriers 5k River Race and (CRC Championship Race)

(Paul Scotford)

I have to admit the name drew me to this race, rivers don't tend to flow up hills and I always find hills a bit of a challenge. As it got closer to the start time the sun broke through the clouds making it feel less muggy. Looking around the park there didn't seem to be many other entrants and those we could see looked like elite runners. Myself and Hamish were beginning to worry that we could seriously be bringing up the rear, but much to our relief with 20 minutes to go the park suddenly filled with runners making up a 320 strong field.

10 Corsham Club runners ran with Ian Moore being the first to cross the line in 25th place with Peter Allen not far behind finishing 30th. As the name suggests it was a reasonably flat course with only one small ramp to get up on to the old railway line at Black Dog Bridge, by this point Hamish had pulled ahead leaving poor Dad well behind. But even with a little pit of congestion in the narrow sections this turned out to be a really fast race for me. With some help from Claire Turner who for the first half of the race I could hear biting at my heels and then gave me someone to chase

towards the finish line I managed to knock 52 seconds of my previous PB. Definitely a race to put in the calendar for next year.



(Photo by Alex Fogwill)

## Mountain Bike wanted

" Isaac (13) from One Mile Club has outgrown his bike and we are looking for a second-hand adult mountain bike for him, does anyone have one lurking in the back of their garage or shed they are looking to get rid of?

Please contact Tash Wilkinson on 01225 810532 or email [natashaclarewilkinson@hotmail.co.uk](mailto:natashaclarewilkinson@hotmail.co.uk)"

Thanks!

## —== Puzzle Pic ==—



### Last Months Puzzle: ►

Coat of arms above the main entrance to the Methuen Arms in Corsham High St.

### Correct answers this time from :-

Karen F-D, Claire Turner, Steve Hible, Michael Luff. Well done all!

### ◄ This Months Puzzle:

Very popular building sporting a mock Tudor Gable, and close to the Town centre.

Answers please to: [brian15@hamfist.co.uk](mailto:brian15@hamfist.co.uk)



Some late News

## A new addition to the Bethune family!



Just wanted to let you know that Hannah gave birth to a baby boy, Angus, on the 26th May 2013. Han and Gus doing very well and Daisy is slowly getting used to the fact that she has a baby brother.....

I hope to return to the running club when Gus allows me to!



## Getting to know you -

Pete Allen

### Q1. Who is your sporting Icon?

Stu Henderson

### Q2. Best Book?

Beano Annual 1965

### Q3. This week I have been mostly listening to?

Jimi Hendrix who I saw play at the Pavilion in Bath.(1966)

### Q4. Most bizarre running experience?

Overtaking Alan Cox at Sodbury Slog.

### Q5. Top Running Tip?

Tie your shoe laces!

### Q6. Favourite cake?

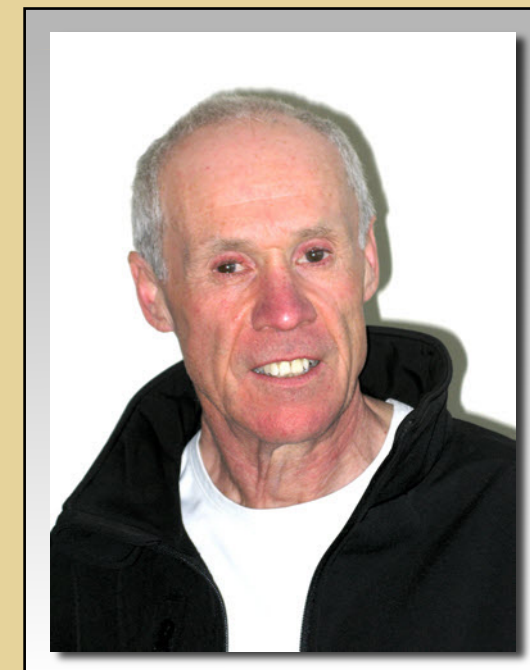
Simon's Victoria sponge.

### Q7. Top tippie?

Port with Stilton

### Q9. Favourite superhero, and why?

Bob Dylan

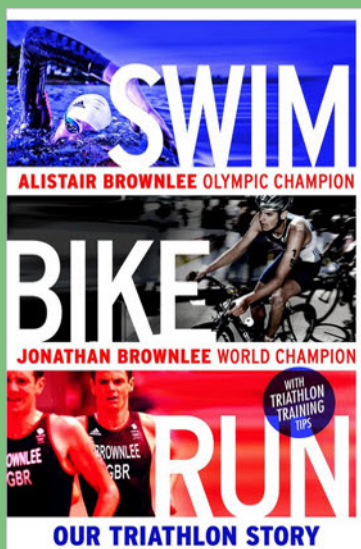


### Q8. If I won the lottery I'd .....

Live in the Caribbean

### Q10. Favourite Holiday destination?

Andalusia.



## Book of The Month An occasional feature

This month from Paul Elling

"I am halfway through reading this book and really enjoying it  
- it's very easy reading, and a good coffee table book."

If you are reading anything worthy of note

Please be sure to tell us  
so that we can let others in our Club know about it

[Email](#)

## The Springfield 5k Series

Next Race 

**Dates:** (All Wednesdays) **May 8<sup>th</sup> June 12<sup>th</sup> July 10<sup>th</sup> Aug 14<sup>th</sup> Sept 11<sup>th</sup>**

Please volunteer to help - or come and run. It is possible to come and help set up, then run.

[CRC Website 5k Page](#)

## Some Previous Race Reports

### Cotswold Relays - Sat 29th June 2013

Posn.	Time	Name	Cat.	Age%	Race #
25	00:20:38	Moore, Ian	M50	70.40%	181
30	00:20:56	ALLEN, Peter	M62	77.15%	299
79	00:23:39	SANDERS, Gillian	F44	66.08%	253
83	00:23:42	LUFF, Michael	M48	60.35%	215
85	00:24:03	SCOTFORD, Hamish	M17	53.94%	176
95	00:24:18	TURNER, Claire	F38	61.20%	76
98	00:24:26	SCOTFORD, Paul	M48	58.53%	177
103	00:24:34	FRENCH, Robert	M32	52.81%	323
157	00:26:55	SMITH, Tracy	F42	57.09%	237
167	00:27:04	HEMBURY, Angela	F35	53.65%	324
194	00:29:00	FRY, Geoff	M66	58.04%	192
203	00:29:40	PHILLIPS, Paula	F65	65.13%	191

Full Results [Here](#)

### Chippenham 5 mile race - Sun 9th June 2013

Posn	Time	Name	Cat.	Grading	Race#	PB?
4	00:29:06	HENDERSON, Stuart	M39	75.76%	175	
22	00:33:03	STEPHENS, Kevin	M42	68.14%	181	
40	00:35:25	ALLEN, Peter	M62	75.12%	125	
63	00:39:00	FRENCH, Robert	M32	55.00%	187	
83	00:41:50	TURNER, Claire	F38	58.52%	165	PB
84	00:41:57	TUNNICLIFFE, Jane	F49	64.08%	227	
87	00:42:42	HEMBURY, Angela	F35	55.99%	186	

Full Results [Here](#)

### Trowbridge (Chocolate) 5k - Sat 18th May

Posn	Name	Time	Cat.	PB?
6	Stuart Henderson	17:43	MSEN	?
65	Claire Turner	24:11	FSEN	PB
66	Hamish Scotford	24:11	MSEN	PB
74	Paul Scotford	25:18	MV40	PB
79	Jane Tunnicliffe	25:34	FV40	PB
116	Wendy Scotford	35:58	FV40	PB
117	Shula Scotford	36:00	FSEN	PB

Full Results [Here](#)

The above results for CRC runners are regularly updated on our Website.  
Please consider sending us your race results for publication for all to see.

[GO HERE](#)

## CRC Training Schedule until 30th July 2013

<b>Tue</b>	<b>2nd Jul</b>	Ford & Slaughterford Away Run DSG Fartlek *1
<b>Thu</b>	<b>4th Jul</b>	Tramway Relays *7
<b>Tue</b>	<b>9th Jul</b>	2, 3, 4, 5, 4, 3, 2 mins (2 min)
<b>Wed</b>	<b>10th Jul</b>	Springfield 5k
<b>Thu</b>	<b>11th Jul</b>	Short Hills *2
<b>Tue</b>	<b>16th Jul</b>	7 x 3 mins (2 min)
<b>Thu</b>	<b>18th Jul</b>	200/400/600/800/600/400/200
<b>Tue</b>	<b>23rd Jul</b>	10 x 2 mins (90 secs)
<b>Thu</b>	<b>25th Jul</b>	Castle Combe Away Run DSG Fartlek *1
<b>Tue</b>	<b>30th Jul</b>	5 x 4 mins (2 min)

\*1 DSG Direction, Stile, Gate  
Fartlek (DSG)

When you either change Direction of travel, or encounter a gate or stile,

\*2 Short Hills

Into Katherine Park from Valley Road up to the fourth speed bump

\*3 Long Hills

Some of us call this 'flat hills' and are on Freestone Way

\*4 Up & Overs

Up Valley Road, down Furze Hill and recovery along Pound Mead

\*5 Furze Hill

Valley Road from Potley bridge to the island at Furze Hill and recovery back down to Potley Bridge

\*6 Park Lane

New cycle path Park Lane lamppost repetitions.  
Split into mixed ability teams of 3 for 100m, 200m, 300m and 400m relays

### CRC Away Runs for 2013

(Brian Gibbs)

As our more seasoned runners will already be aware, during the summer months we do *not always* meet at our usual venue. Instead of this, there are a number of 'extra mural' meeting places as shown in the table below.

As with all of the meetings listed, it's always a good plan to arrive a bit earlier at each venue, to allow time for parking and getting ready to start to run at the times stated.

Additionally you will find route maps for each Away Run linked from our website, for both longer and shorter routes

[www.corshamrunningclub.co.uk/awaydays13.htm](http://www.corshamrunningclub.co.uk/awaydays13.htm)

Date	Location/Title		Venue
Tues 2nd Jul	Ford & Slaughterford.		White Hart at Ford
Thurs 25th Jul	Castle Combe		Upper Car Park
Tues 6th Aug	Marshfield		Disused Rd at top of Green Lane
Thurs 29th Aug	Kingsdown		Golf Club (Overflow Car Park)

After each run we have traditionally gone to a local Pub for refreshments, but this is not compulsory, or indeed possible at some of the chosen venues.

**Note:-** Although there will be no official Club sessions from The Community Centre on the above dates, there's nothing to prevent anyone running from there if so desired. It must be stated though, that you may not be covered by our insurance if you choose to do this.

## Forthcoming Local Events

Please see our [Website](#) for full details and Links.

CRC Championship Events

Wiltshire Road Race League

Lacock Relays

Springfield 5k

03-Jul-13	Wed	Chippenham 5k River Run
10-Jul-13	Wed	Corsham Summer 5k Series Race #3 (WRRL Race #7)
14-Jul-13	Sun	The Wellington Ten
14-Jul-13	Sun	Roman 10km Bath Racecourse, Lansdown, Bath
21-Jul-13	Sun	Frome Half Marathon
23-Jul-13	Tue	Lacock Relays #3 (Prov)
11-Jul-13	Sun	DB Max 10k Castle Combe (WRRL Race #8) (Wiltshire County Championship race)
03-Aug-13	Sat	The Round The Rock 48 mile multi terrain or 5x10 mile multi terrain (relay) both +/- BBQ
10-Aug-13	Sat	Lacock Abbey 10km
11-Aug-13	Sun	DB Max 10k Castle Combe (WRRL Race #8)
14-Aug-13	Wed	Corsham Summer 5k Series Race #4
18-Aug-13	Sun	Cheddar Gorge Marathon
25-Aug-13	Sun	Foxtrot 5 Broughton Gifford (WRRL Race #9)
27-Aug-13	Tue	Lacock Relays #4 (Prov)
08-Sep-13	Sun	The Melksham 10 mile (10km from next year) (WRRL Race #10)
08-Sep-13	Sun	Votwo Kamikaze Adventure Run
	Wed	Corsham Summer 5k Series Race #5
15-Sep-13	Sun	Chippenham Half Marathon A very well respected race
15-Sep-13	Sun	UWC Aldbourne 10k
15-Sep-13	Sun	Bristol Half Marathon
22-Sep-13	Sun	Malmesbury Half Marathon (WRRL Race #11)
29-Sep-13	Sun	Cerne Burn 10K & Fun Run
29-Sep-13	Sun	Forest of Dean Autumn Half Marathon
13-Oct-13	Sun	Exeter's Great West Run (Half)
13-Oct-13	Sun	Marshfield Mudlark 11k and Mini Mudlark Fun Run 2.6k 10:30am
20-Oct-13	Sun	Salisbury Half Marathon Salisbury (WRRL Race #12)
03-Nov-13	Sun	Over The Hills Bradford on Avon
24-Nov-13	Sun	Trionium Bath Hilly Half half marathon Lansdown Racecourse 11am
01-Dec-13	Sun	Bromham Pudding Run

**No Newsletter in August so your items for the next one by end of August - Please**

This Newsletter will normally be published at the beginning of each month. Items you wish to be included should be sent to The Editor by the end of the previous month - Send articles to:- [brian15@hamfist.co.uk](mailto:brian15@hamfist.co.uk) Tel. 01225 810621

**Email to the CRC Committee should be addressed to:-** [crcadmin@corshamrunningclub.co.uk](mailto:crcadmin@corshamrunningclub.co.uk)



# Corsham Running Club Kit

Orders please to Paul  
[paul.elling@virgin.net](mailto:paul.elling@virgin.net)

07919 415318

**NEW** Half Zip Long Sleeved Top  
 Mens or Womens fit  
 Perfect to slip on before, after  
 or during runs!  
 £21 or £23



## **NEW** Soft Shell Black Jacket

In addition to keeping you warm these stylish jackets are also showerproof, have 3 pockets, adjustable cuffs & adjustable draw-cord hem.  
 £26 or £27.50



Black Hoodie £POA



Yellow Hoodie £POA



Yellow Vest £15.00



Short Slv T £8.00



Ron Hill Long Slv  
 Technical T £22



Might you be  
interested in  
joining a running  
group ?

**Kick Start Running Group (KSRG)**  
First meet on November 9th at Springfield  
Leisure Centre rear Car Park  
Look forward to meeting you



Fridays at  
9.15am.

If you would  
consider joining this group, please e-mail  
Karen Littlechild

[karen@srgcorsham.co.uk](mailto:karen@srgcorsham.co.uk)

DAY TIME RUNNING GROUP